



**World Obesity Day**  
**Awareness and**  
**Prevention**

وزارة الصحة ووقاية المجتمع | UAE MOHAP



# What is **obesity**?

It is a chronic disease caused by accumulation of body fat, which poses a risk to health



# **Obesity** *has multiple causes*

including genetics, mental health,  
environment, diet, and physical inactivity

# **Obesity**

*increases the risk  
of developing*

diabetes, cardiovascular diseases  
and certain types of cancer



# **Obesity**

*is managed through  
a comprehensive plan*

that considers medical, nutritional,  
and psychological aspects



*With awareness and  
sound health concepts  
**we can reduce the  
spread of obesity  
in our community***

# **Myth or *Fact?***

Obesity is a lack of willpower



**Obesity is a medically  
recognized chronic disease**

with multiple causes and  
requires a treatment plan

Take the first step today

**The journey to recovery begins  
with consulting specialists**